



"People helping
people help
themselves."

Division of
Mental Health
and Addictions

Logansport State Hospital

The Spectrum

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2008

Certificate of Distinction



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Employee of the Month

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Nominate Someone Today!



SPYKE THE PSYCHE



Fall Is Here: How Do Colors Affect Our Moods?

Color, without our realizing it, can have a profound effect on how we feel both mentally and physically. Dr. Morton Walker, in his book *The Power of Color*, suggested that the ancient Egyptians as well as the Native American Indians used color and colored light to heal. Below are some emotional associations that humans tend to have with certain colors. These are important to keep in mind in order to create the mood you are seeking.

● **Blue** represents peace, tranquility, calm, stability, harmony, unity, trust, truth, confidence, conservatism, security, cleanliness, order, loyalty, sky, water, cold, technology, and depression. Blue can "slow the pulse rate, lower body temperature, and reduce appetite." Blue is considered a business color because it reflects reliability.

In China blue is associated with immortality.

In Colombia, blue is associated with soap.

For Hindus blue is the color of Krishna.

For the Jews, blue symbolizes holiness.

In the Middle East blue is a protective color.

Note: Blue is often considered to be the safest global color.

● **Black** is the absence of light and therefore, of color.

It represents power, sexuality, sophistication, formality, elegance, wealth, mystery, fear, evil, anonymity, unhappiness, depth, style, evil, sadness, remorse, anger, underground, good technical color, mourning and death.

In speech we say "Don't let a black cat cross your path", "Black Market" or "Black Monday".

● **Green**, one of most-often cited favorite colors. It represents nature, environment, health, good luck, renewal, youth, vigor, spring, generosity, fertility, jealousy, inexperience, envy, misfortune.

"Its cool quality soothes, calms, and has great healing powers." It is often worn in operating rooms by surgeons.



SPECTRUM

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In China, green hats mean a man's wife is cheating on him; it is not a good color for packaging.

In France studies have indicated green is not a good color choice for packaging either.

In India green is the color of Islam.

In Ireland green has religious significance (Catholic).

In some tropical countries green is associated with danger.

● **Orange** is a combination of yellow and red. Orange is considered a warm color like red, but to a lesser extent; orange expresses energy. It has luminous qualities and has been used for attention-getting purposes, such as on caution signs.

Orange brings up memories of fall leaves, pumpkins and Halloween. It symbolizes balance, warmth, enthusiasm, vibrance, flamboyancy, and is demanding of attention.

In Ireland orange has religious significance (Protestant).

● **Purple** represents royalty, spirituality, nobility, ceremony, mystery, transformation, wisdom, enlightenment, cruelty, arrogance, mourning. Purple is considered an exotic color.

Purple dye was made from the mucous gland of a snail. It required thousands of snails to yield 1 gram of dye causing it to be a color only nobles could afford. Today purple is a trendy color targeting creative types.

● **Red** is the color that we pay the most attention to. It is the warmest and most energetic color in the spectrum.

We associate red with love, valentines, danger, desire, speed, strength, violence, anger, emergency exit signs, stop signs and blood.

Red can evoke a fight-or-flight response, raise blood pressure and make the heart beat faster.

Red would not be the color of choice for psychiatric wards, prisons or a hospital.

In China red symbolizes celebration and luck, used in many cultural ceremonies that range from funerals to weddings.

In India red is the color of purity (used in wedding outfits).

○ **White** is what we see when all colors come together in perfect balance.

It represents reverence, purity, simplicity, cleanliness, peace, humility, precision, innocence, youth, birth, winter, snow, good, sterility, and marriage.

We use white in figures of speech like "pure as the driven snow" or "a white lie." We associate white with the good guy in old western movies.

In Japan, white carnations signify death.

In eastern cultures white symbolizes coldness and sterility.

● **Yellow** represents joy, happiness, optimism, idealism, imagination, hope, sunshine, summer, gold, philosophy, dishonesty, cowardice, betrayal, jealousy, covetousness, deceit, illness, hazard, spirituality and inspiration.

The yellow rose is a symbol of friendship, less passionate or threatening than red ones.

In Asia yellow is sacred, and imperial.



Some of the IRTC 3 West staff recognized for
Certificates of Distinction

Certificates of Distinction to Isaac Ray 3 West Staff

The Treatment Team and Nursing Staff for IRTC 3 West recently submitted a recommendation for recognition of attendant staff for their innovative and creative efforts in treatment activities. As they explain, "Each shift has stepped up to the challenge of more unit activities and shown their creativeness, ingenuity and dedication to our patients. We want everyone to know how proud we are of them all. The IRTC 3 West attendants have become very efficient with new attendant-lead programming. Day shift conducts a legal education study hall 3 times weekly and the evening shift meets 5 times weekly. They

have developed games, puzzles and other work sheets to assist those who are having a difficult time in passing Legal Ed 2. The patients that benefit from this program are our MR/DD, psychotic, illiterate, limited English and other disabilities.

Another activity that has become popular is the care of our atrium courtyard. A staff member picked up this project and the patients who help her are learning not only gardening but also relaxing and productive activity that makes them feel good on the inside (self-esteem). The attendants have been doing art on the unit with a window that displays what the patients have created. Many of our patients not only find this activity relaxing but comforting as they concentrate on projects using imagination, fine motor skills, and following directions.

Our music appreciation group in the evening is doing well as staff introduce patients to different styles of music. Staff is willing to put forth the effort as they give the patients a new experience. As the unit is preparing for winter scheduling in September, we anticipate 3 West attendant staff will continue to create activity for our patients that are relaxing, educational and fun."

The following day and evening shift staff will be recognized with Certificates of Distinction: Harley Carlson, Heather Cassell, Lori Graham, Nate Harmon, Mark Jones, Joshua King, Mike Lawhead, Teri Main, Brittany Ogle, Heather Palmerone, Linda Scruggs, Don Smith, Lana Turner, Jennifer Walker, David White, and Jenny Wright.

Jerilyn Smith, Service Line Manager adds, "I realize that the direct care nursing staff is vitally important to meeting our programming needs. This unit, as others have stepped up and taken the task in hand. They are creative, proactive and take great pride in their efforts. I applaud the Treatment Team for recognizing their contribution to the overall program".

The nomination was submitted by Treatment Team and RN staffing: Gerilyn Ellis, Jennifer Miles, John Craig, RN Lynn Severn, RN Valerie Dirck, RN Patricia McVicker, LPN Lorna Mollencup, and LPN Susan Hostetler.

EOM Ron Tracy, RN, Dodd Treatment Center

“Ron Tracy is an irreplaceable employee,” according to Psychiatric Attendant Gina Herron, who nominated him for Employee of the Month. Gina goes on to explain, “The clients respect him

and listen to him. He always takes his time to speak with the clients if needed, takes them out for exercises, interacts with them, and a lot of times keeps a bad situation with clients from getting out of control. He knows the clients and their needs without having to ask. He is a compassionate and caring person and a hard worker. He also will listen to staff if they need to talk or need assistance. He also goes out of his way to help staff with clients when there is a T.I. or a problem staff can’t solve. When a client starts to get agitated or aggressive, Mr. Tracy is one of the first ones to come out with staff to help or offer advice. These are the reasons I feel Mr. Ron Tracy should be nominated for Employee of the Month.”



Service Line Manager, Justin Boyce, (L) congratulates RN. Ron Tracy (R) for becoming October's Employee of the Month.

ADON Vicky Rottet adds her support and agrees Ron Tracy is very deserving of this award. “Ron often goes above and beyond job expectations for the betterment of the patients. He is very conscientious in his paperwork and job responsibilities. Ron is well liked and respected by both staff and patients. Ron is an asset to the Dodds Treatment Center and to the evening shift.” Service Line Manager Justin Boyce concurs and states, “I absolutely support this nomination. Mr. Tracy is an exceptional nurse who is very gifted when it comes to working with our most difficult patients. Not only is he very dedicated to getting his everyday nursing paperwork completed, he makes time to provide 1:1 contact with the patients and often facilitates a resolution to problems that might otherwise end up in restraints or manual holds. We are very blessed to have him on the Dodd Service Line and continue to benefit from his caring and professional demeanor.”

Spotlight ON LSH MUSEUM Committee



Photo by: Jani Foreman

The Museum Committee members from L - R: Co-Chairperson, Jacquelyn Phillips; Treasurer, Brian Newell; Recorder, Nancy Vernon; Chairperson, Cathy Hickey; Jim Foster, Jerry Kelly, Marge Foster, Shadi Lilly, Bonnie Richter, and Darrin Monroe. Not pictured: Ron Bennett, Rob Clover, and Brian Kelly.

Logansport State Hospital
1888 ~ Present

The Museum Committee's Mission:

Our mission is a simple one. We have developed a museum on the grounds of Logansport State Hospital that illustrates its story from 1883, when the legislature first approved the building of the state's second mental hospital, to the present. The museum not only addresses the advances in treatment of the mentally ill since the hospital's inception and also showcases the hospital's greatest asset - its employees.

The Museum Committee's Vision:

Through the use of videotape, pictures, hospital records, dioramas and original furnishings, the history of the Northern Indiana Hospital for the Insane to the Logansport State Hospital of today will come alive for visitors.

This museum is a useful tool to show not only how changes in therapeutic approaches have affected the care of the mentally ill but also how the work and dedication of the staff continues to be a major factor.

For this project to grow and be successful, it needs the support of our employees and our community.

Please consider a donation of ideas or time as well as any artifacts that you may come across.

The Museum Committee's Slogan:

"Preservation doesn't cost...it enriches."

LONGCLIFF MUSEUM OPEN HOUSE



**Saturday, September 27
12:00 PM -- 4:00 PM**

**The Museum Committee will be available
to provide tours.**

Bring your friends and family!

Arts-'n-facts

Longcliff Museum Art-'n-facts



ATTEND LONGCLIFF SEMINAR—Newly ordained priests from Notre Dame attended a two-day orientation program at the Logansport state hospital Tuesday and Wednesday at which various aspects of the treatment of the mentally ill patient were explained by the hospital staff. Shown above, they are, left to right, front row: Fathers Smith, Luczak, Seidel, Clementich and Palick; second row: Fathers Poorman, Carrico, Kelly, Eichorn, Christel, Papen and Walsh; third row: Fathers Hosey, Corcoran, Schuneman, Nogosek, Saubinger, Gangerni and Lubbers; fourth row: Father Maurice Miller, Longcliff Catholic chaplain; and Dr. Frank Hogle, assistant superintendent. Pharos-Tribune (8-29-1958)



Christmas Gift Lift

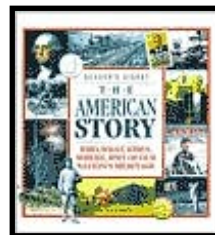
Community Services is seeking help with this year's Christmas Gift Lift. We are seeking individuals to sponsor a patient or to donate items. Needed items are as follows: Christmas Cards, Extra Large Clothing (XL—4XL), Games, Phone Cards, Walkmans, Batteries, Wallets, Purses, Hygiene Items, Cosmetics, Word Search Books, Puzzles, Art Supplies, Stationery & Pens, Calendars, Candy & Gum (Sugar Free and Regular), and more....

Call Shadi Lilly @ ext. 3708 or Chris Taylor @ ext.3709 with questions or for a complete list of needed items.■

The Book Nook

New Books in the Library

American Story: Who, What, When, Where, Why of Our Nation's Heritage. Reader's Digest, 2001.



Cathy Bowles requested this book for help with groups on C.L. Williams Unit.

"We use it for memory skills. We read a portion and ask what they remember. We use this book for downtime when there are no groups. It's good for group discussion...somebody will remember something that had to do with what we read. We find the books quite handy for doing groups, especially with the older patients. Between that and the History Channel, I don't know which our guys like more."

If you are looking for books to help your groups with our patients, please contact the librarian at Ext. 3712 or bnewell@fssa.state.in.us

REHAB CELEBRATES NATIONAL THERAPEUTIC RECREATION WEEK

The Rehab Department celebrated National Therapeutic Recreation week July 14th-18th. The annual picnic was held on July 18th at Thomas Field. Rehab staff enjoyed a variety of meat grilled by Chef Kerry and Rob as well as delicious side dishes and desserts furnished by rehab staff.

The annual miniature golf tournament was held and the winners were decided with a putt off. Kerry Hamilton and Rob Stevens edged out Paul Zimdahl and Marilyn Baker.

A big thanks to the Rehabilitation Department for all of their hard work in providing quality treatment to the patients at Logansport State Hospital.



Breakfast Burritos

THEY'RE BACK!

On August 14, the Morale Boosters and Employee Recognition committee members hosted another fun and delicious event, "Breakfast Burritos." The committee members have been volunteering their own time hosting events to raise funds for Employee Recognition Day (a day that honors employees' years of service).

Pictured below are from the Breakfast Burrito event on August 14.

The Employee Recognition and Morale Boosters would like to thank everyone for their various donations.



Photo by: Jani Foreman



Photo by: Jani Foreman



Photo by: Jani Foreman



Photo by: Jani Foreman



Culinary Corner

No-Bake Blueberry Cheesecake

Ingredients:

3/4 cup crushed vanilla wafers (about 22 wafers)
2 tablespoons butter, melted

FILLING:

1-1/4 teaspoons unflavored gelatin
2 tablespoons cold water
1 package (8 ounces) cream cheese, softened
1-1/2 teaspoons lemon juice
1/2 teaspoon grated lemon peel
1 cup marshmallow crème
1-1/2 cups whipped topping
1 cup fresh or frozen blueberries



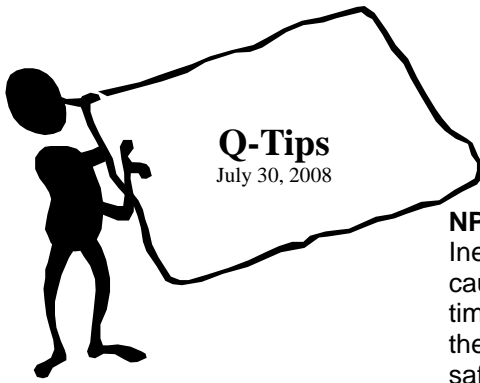
Directions:

In a small bowl, combine wafer crumbs and butter. Press onto the bottom of 6-in. spring form pan coated with cooking spray; set aside.

In a small saucepan, sprinkle gelatin over cold water; let stand for 1 minute. Heat over low heat, stirring until gelatin is completely dissolved; cool. Place cream cheese in a small mixing bowl; gradually beat in gelatin mixture until smooth. Add lemon juice and peel. Beat in marshmallow crème. Fold in whipped topping.

Puree blueberries in a food processor; fold into cream cheese mixture. Spoon over crust. Cover and refrigerate overnight. Remove sides of pan before cutting.

Yield: 4 servings.



Continuous Readiness Reminders

- Read back of critical tests & critical test results

By Quality Management

NPSG 02.01.01

Ineffective communication is the most frequently cited root cause for sentinel events. Effective communication that is timely, accurate, complete, unambiguous, and understood by the recipient reduces error and results in improved patient safety.

Continuously improving the effectiveness among caregivers is vital!

The Doctor or Nurse (receiving the information) must write down and read back critical test results.



A progress note must be written stating that the results were read back and verified.

UPCOMING EVENTS

September 25 - October 20

- 📅 September 25th - Clinton Co Gold Ladies - Dodds 2E @ 9:00 AM
- 📅 September 25th - Clinton Co Gold Ladies - CLW/L1E @ 10:00 AM
- 📅 October 1st - Talent Show in the auditorium 1:00 - 3:00 PM
- 📅 October 6th - Purdue Bingo - D2W @ 10:00 AM
- 📅 October 6th - Social Club - @ Cass Co Mental Health for Dodds Unit
- 📅 October 8th - Purdue Bingo - @ 2:00 PM - D2W
- 📅 October 8th - Purdue Bingo - @ 10:00 AM - D1W
- 📅 October 19th - Purdue Bingo - @ 10:00 AM - D1W
- 📅 October 10th - Purdue Bingo - @ 10:00 Am - D2W
- 📅 October 11th - Family Mixer - @ 12 - 3:30 PM
- 📅 October 15th - Catholic Mass - @ 3:30 in Chapel
- 📅 October 20th - Galveston Church Dinner - @ 6:00 PM for SWW

Who Am I?

Can you guess who the individual in the yellow oval is?

If you can, call Darrin Monroe at # 3803 or e-mail: darrin.monroe@fssa.in.gov by October 14. All correct answers will be entered in a drawing sponsored by the Morale Boosters to win a free “Jumbo” soft drink at the Hillside Café. You must have the correct answer of both pictures to qualify for an entry.

Winner will be announced in the next Spectrum.

Need a hint? Logansport girl's basketball.

Find out who this is in our next issue.

Last Issue:



Brian
Harvey



Cynthia
Harvey



Kim Walker had the correct guess to the people in the “Who Am I” pictures.

If you have an early picture of an employee and would love to have a little fun with it, call Darrin Monroe at # 3803.